

**WEIDER**

# 635

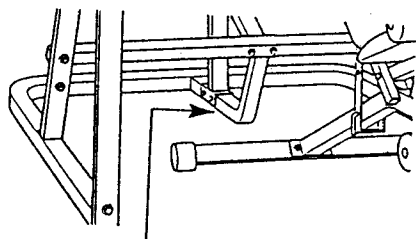
PATENT PENDING

## USER'S MANUAL

Model No. WEBE63560

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



Serial Number Decal

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

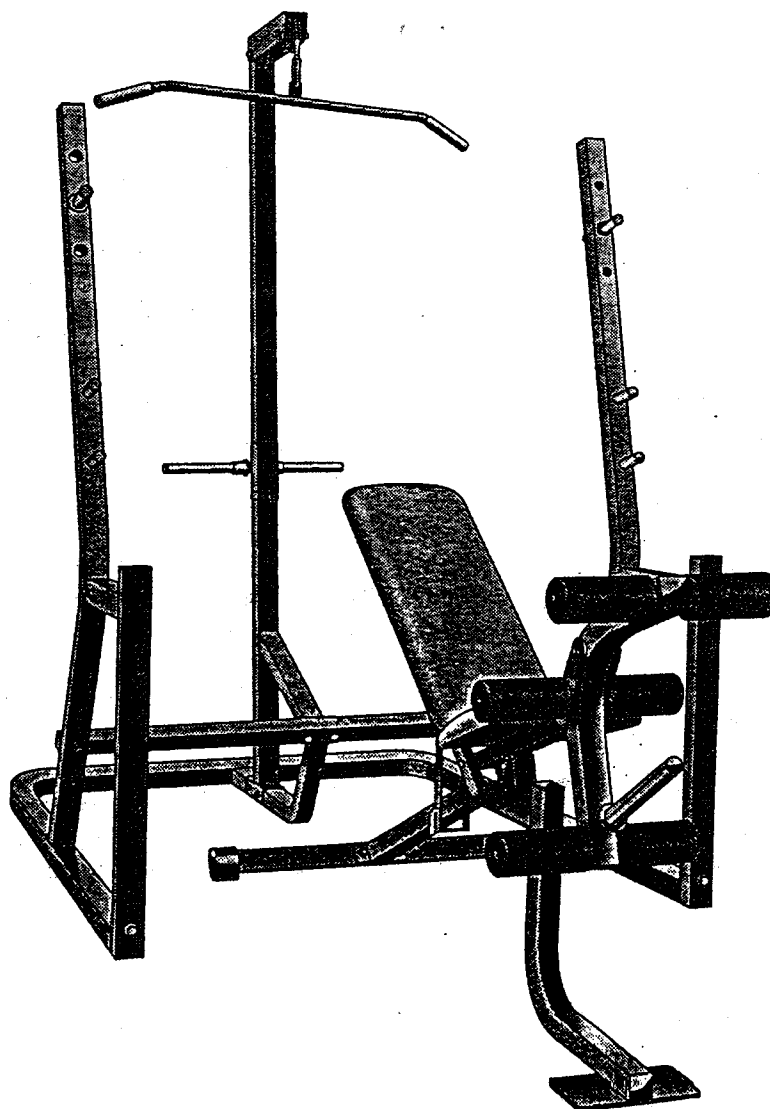
CUSTOMER HOT LINE:

**1-800-999-3756**

Mon.-Fri., 6 a.m.-6 p.m. MST

### CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



**WEIDER®**

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Note: A PART IDENTIFICATION CHART is attached to the center of this manual. Remove the PART IDENTIFICATION CHART before beginning assembly.

WEIDER is a registered trademark of ICON Health & Fitness, Inc.

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

# IMPORTANT PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench.
2. Use the weight bench only as described in this manual.
3. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
4. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
5. Keep small children and pets away from the weight bench at all times.
6. Always be sure there is an equal amount of weight on each side of your barbell (not included) when you are using it.
7. When you are using the weight carriage, be sure there is an equal amount of weight on each side of the weight tube.
8. Keep hands and feet away from moving parts.
9. Always wear athletic shoes for foot protection while exercising.
10. The weight bench does not include weights. The weight bench is designed to support a maximum of 510 pounds, including the user, a weight bar and weights. Do not place more than 310 pounds, including a weight bar and weights, on the weight rests. Do not place more than 150 pounds on the weight carriage; use no more than 50 pounds for ab crunches. Do not place more than 150 pounds on the leg lever.
11. When using the backrest, make sure that the "L" pin is fully inserted through the adjustment bracket and the bench frame.
12. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
13. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
14. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.

**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

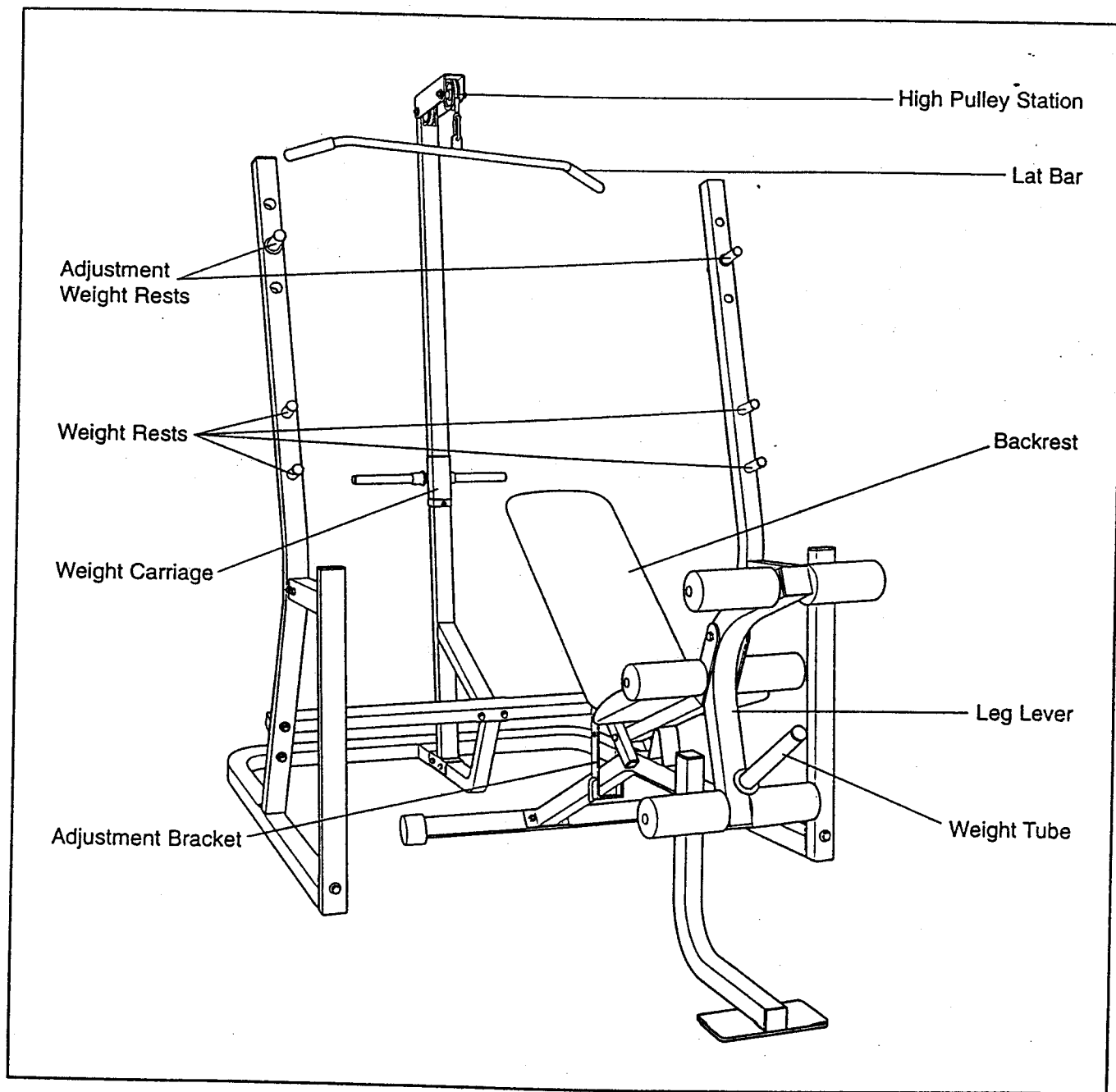
# BEFORE YOU BEGIN

Thank you for selecting the WEIDER® PRO 635 Weight Bench. The versatile PRO 635 Weight Bench is designed to be used with your own weight set (not included) to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the PRO 635 Weight Bench will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the WEIDER® PRO 635 Weight Bench.** If you have additional questions, please call our Customer

Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE63560. The serial number can be found on a decal attached to the PRO 635 Weight Bench (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



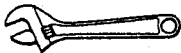
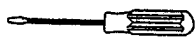
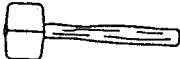
# ASSEMBLY

**Before beginning assembly, carefully read the following information and instructions:**

- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- For help identifying the small parts used in assembly, use the **PART IDENTIFICATION CHART** at the center of this manual. Note: Some small parts may have been pre-attached for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- During assembly, make sure that all parts are oriented as shown in the drawings.

**THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:**

- Two (2) adjustable wrenches 
- One (1) standard screwdriver 
- One (1) rubber mallet 
- Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

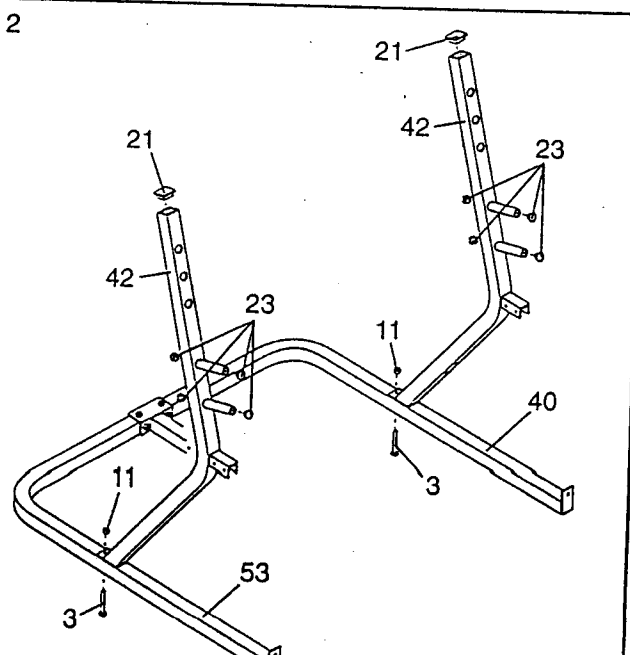
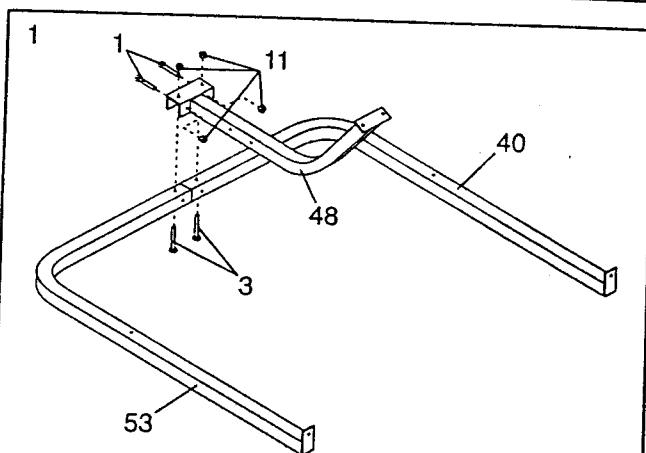
1. Before beginning assembly, be sure that you have read and understand the information in the box above.

Attach the Left Base (53), the Right Base (40), and the Lat Base (48) with two M8 x 60mm Carriage Bolts (3), two M8 x 68mm Bolts (1), and four M8 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**

2. Press a 50mm Square Inner Cap (21) into each Weight Upright (42). Press four 25mm Round Inner Caps (23) into each Weight Upright.

Attach a Weight Upright (42) to the Left Base (53) with an M8 x 60mm Carriage Bolt (3) and an M8 Nylon Locknut (11). **Do not tighten the Nylon Locknut yet.**

Attach the other Weight Upright (42) to the Right Base (40) with an M8 x 60mm Carriage Bolt (3) and an M8 Nylon Locknut (11). **Do not tighten the Nylon Locknut yet.**



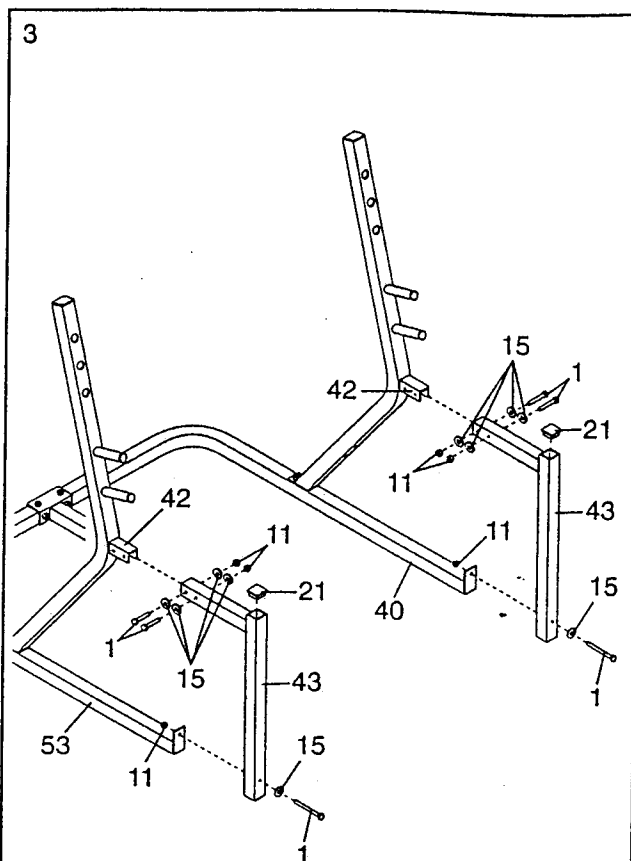
3. Press a 50mm Square Inner Cap (21) into each Front Upright (43).

Attach a Front Upright (43) to a Weight Upright (42) with two M8 x 68mm Bolts (1), four M8 Washers (15), and two M8 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**

Attach the other Front Upright (43) to the other Weight Upright (42) in the same manner.

Attach the Front Upright (43) to the Left Base (53) with an M8 x 68mm Bolt (1), an M8 Washer (15), and an M8 Nylon Locknut (11). **Do not tighten the Nylon Locknut yet.**

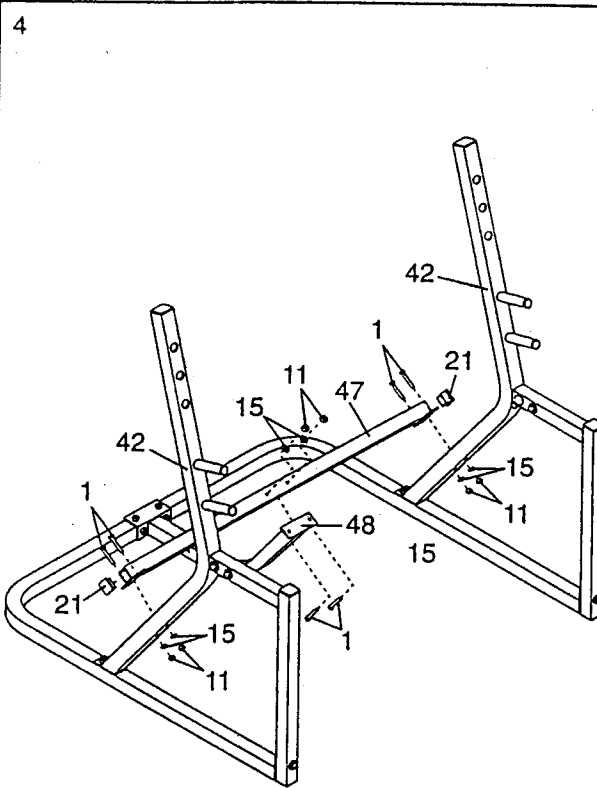
Attach the other Front Upright (43) to the Right Base (40) in the same manner.



4. Press a 50mm Square Inner Cap (21) into each end of the Crossbrace (47).

Attach the Crossbrace (47) to the Lat Base (48) with two M8 x 68mm Bolts (1), two M8 Washers (15), and two M8 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**

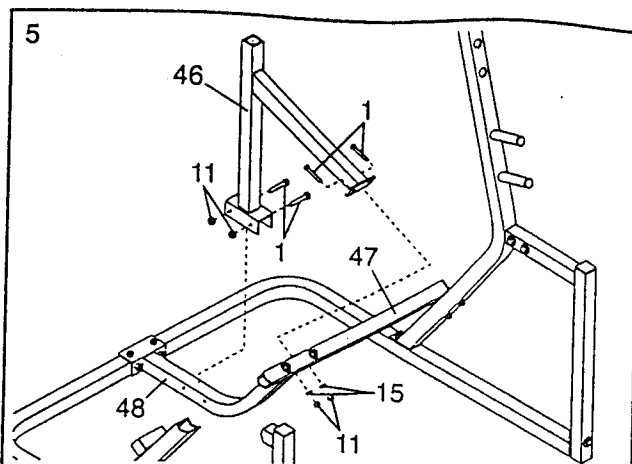
Attach the Crossbrace (47) to both Weight Uprights (42) with four M8 x 68mm Bolts (1), four M8 Washers (15), and four M8 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**



5. Attach the Lower Lat Tower (46) to the Lat Base (48) with two M8 x 68mm Bolts (1) and two M8 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**

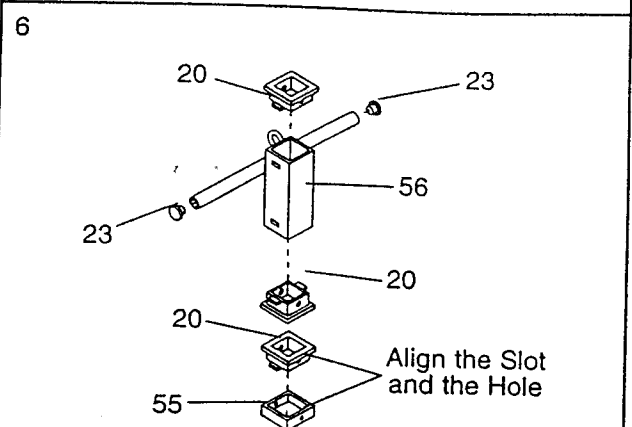
Attach the Lower Lat Tower (46) to the Crossbrace (47) with two M8 x 68mm Bolts (1), two M8 Washers (15), and two M8 Nylon Locknuts.

**Tighten all Nylon Locknuts used in steps 1–5 now.**



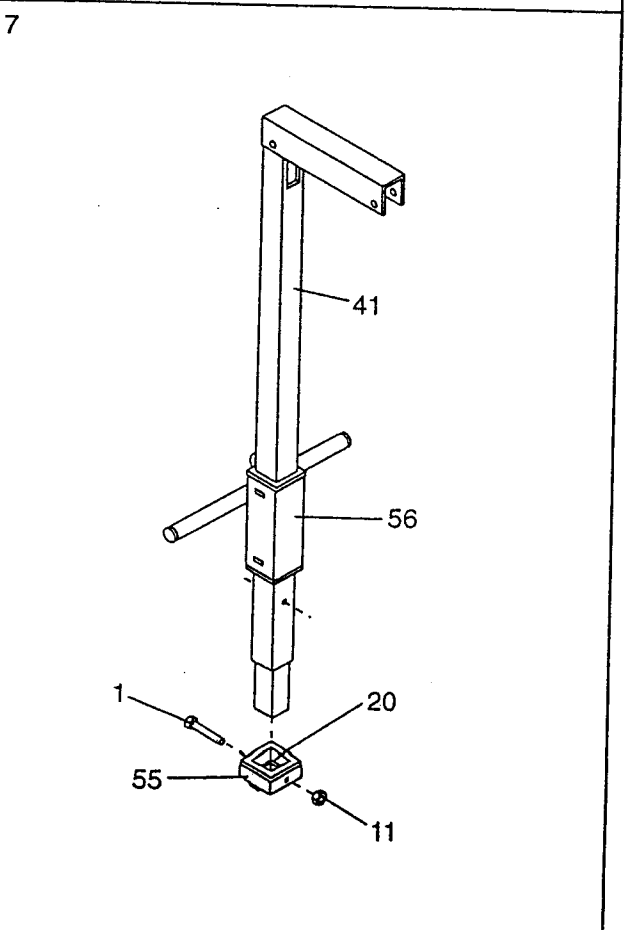
6. Press two 60mm Square Bushings (20) into the Weight Carriage (56). Press two 25mm Round Inner Caps (23) into the Weight Carriage.

Press a 60mm Square Bushing (20) into the Carriage Stop (55). The slot in the Square Bushing must be aligned with the indicated hole in the Carriage Stop.



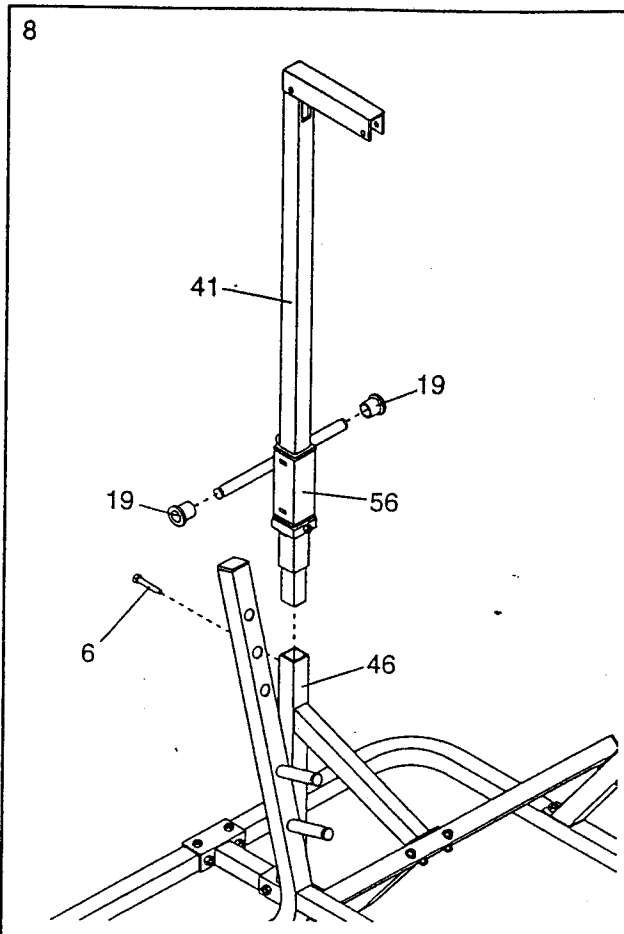
7. Slide the Weight Carriage (56) onto the Upper Lat Tower (41). The Weight Carriage must be oriented as shown.

Slide the Carriage Stop (55) onto the Upper Lat Tower (41). The 60mm Square Bushing (20) must be facing toward the Weight Carriage (56). Attach the Carriage Stop to the Upper Lat Tower with an M8 x 68mm Bolt (1) and an M8 Nylon Locknut (11).



8. Insert the Upper Lat Tower (41) into the Lower Lat Tower (46). Fully tighten the M10 x 63mm Bolt (6) into the Lower Lat Tower.

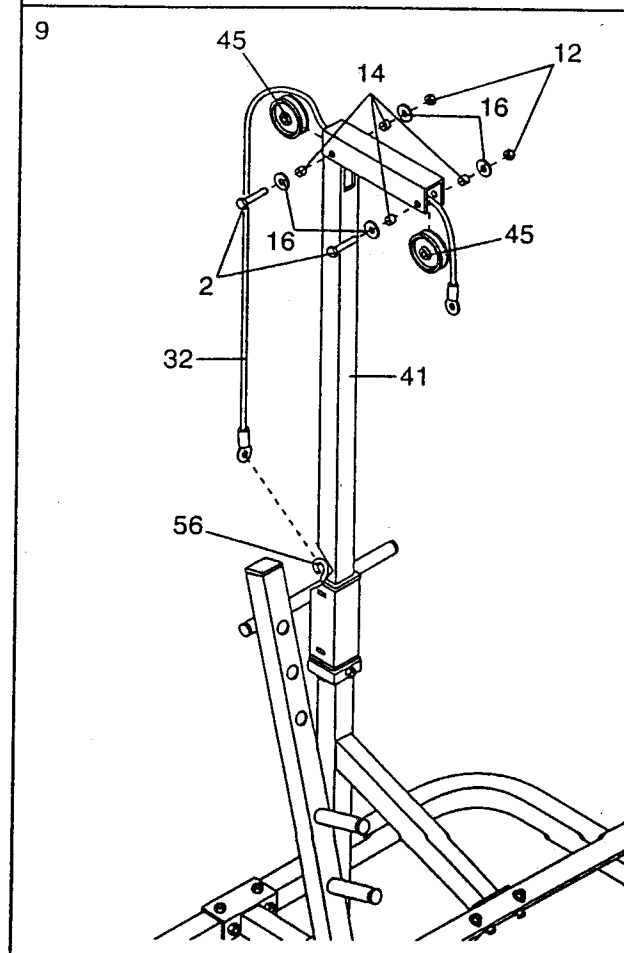
Slide a Weight Stop (19) onto each side of the Weight Carriage (56).



9. Wrap the Cable (32) around a Pulley (45). Attach the Pulley to the Upper Lat Tower (41) with an M10 x 70mm Bolt (2), two M10 Washers (16), two 14mm x 15mm Spacers (14), and an M10 Nylon Locknut (12).

Attach the other Pulley (45) to the Upper Lat Tower (41) in the same manner.

Attach the indicated end of the Cable (32) to the eyebolt on the Weight Carriage (56).

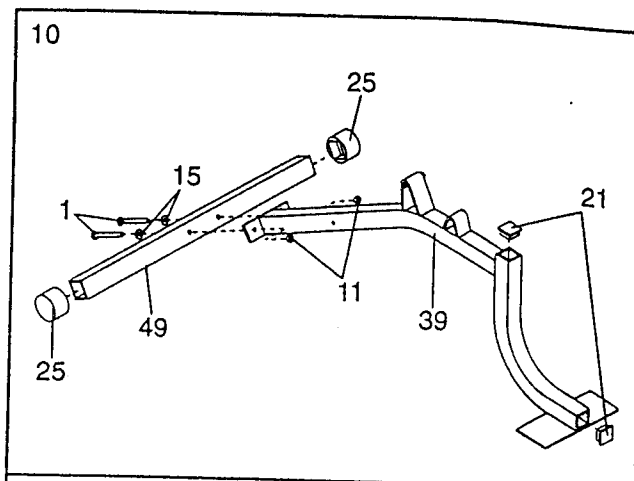




10. Press a 76mm Round Outer Cap (25) onto each side of the Stabilizer (49).

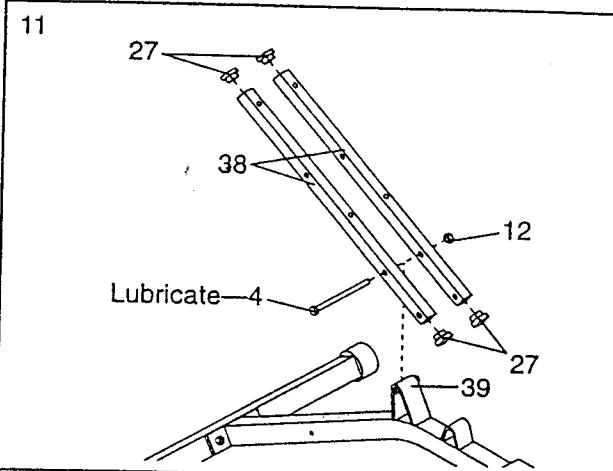
Press two 50mm Square Inner Caps (21) into the Bench Frame (39).

Attach the Stabilizer (49) to the Bench Frame (39) with two M8 x 68mm Bolts (1), two M8 Washers (15), and two M8 Nylon Locknuts (11).



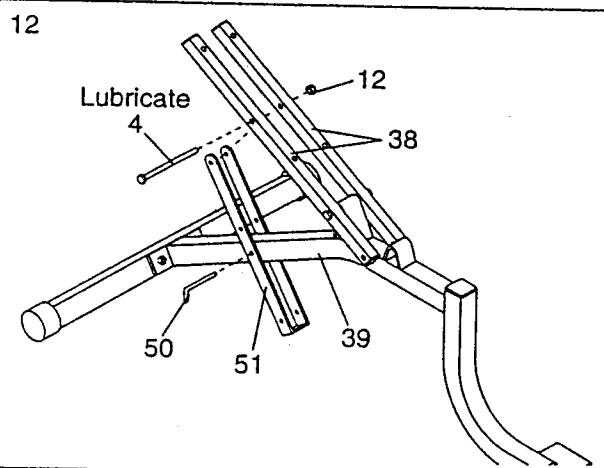
11. Press 20mm x 40mm Inner Caps (27) into the ends of both Backrest Brackets (38).

Lubricate an M10 x 127mm Bolt (4). Using the indicated holes, attach the Backrest Brackets (38) to the Bench Frame (39) with the M10 x 127mm Bolt and an M10 Nylon Locknut (12). **The Backrest Brackets must be oriented as shown. Do not overtighten the Nylon Locknut; the Backrest Brackets must be able to move freely.**



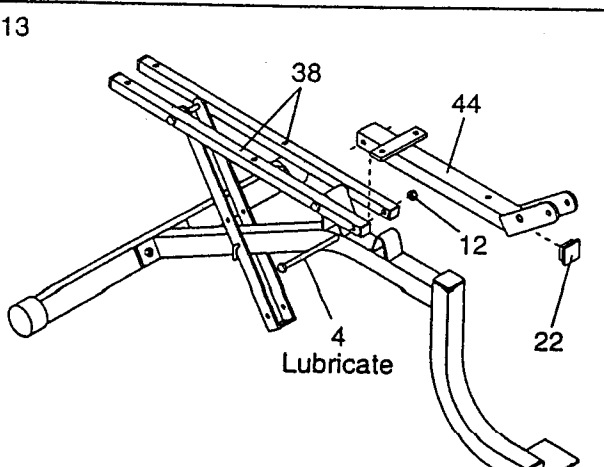
12. Lubricate an M10 x 127mm Bolt (4). Attach the Adjustment Bracket (51) to the Backrest Brackets (38) with the M10 x 127mm Bolt and an M10 Nylon Locknut (12). **Do not overtighten the Nylon Locknut; the Backrest Brackets and Adjustment Bracket must be able to move freely.**

Align one set of holes in the Adjustment Bracket (51) with the hole in the Bench Frame (39). Insert the "L"-Pin (50) through the Adjustment Bracket and the Bench Frame.

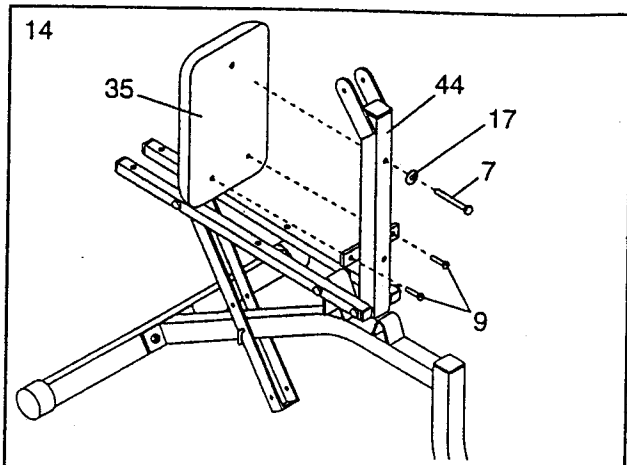


13. Lubricate an M10 x 127mm Bolt (4). Attach the Seat Frame (44) to the Backrest Brackets (38) with the M10 x 127mm Bolt and an M10 Nylon Locknut (12). **Do not overtighten the Nylon Locknut; the Backrest Brackets and Seat Frame must be able to move freely.**

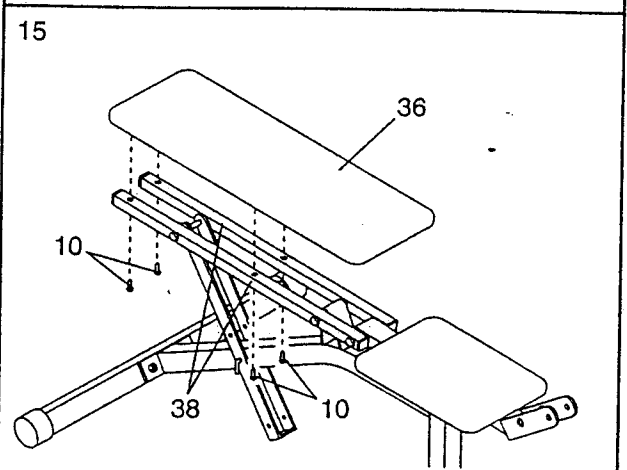
Press a 38mm x 50mm Inner Cap (22) into the Seat Frame (44).



14. Attach the Seat (35) to the Seat Frame (44) with two M6 x 16mm Screws (9), an M6 Washer (17), and the M6 x 50mm Bolt (7).

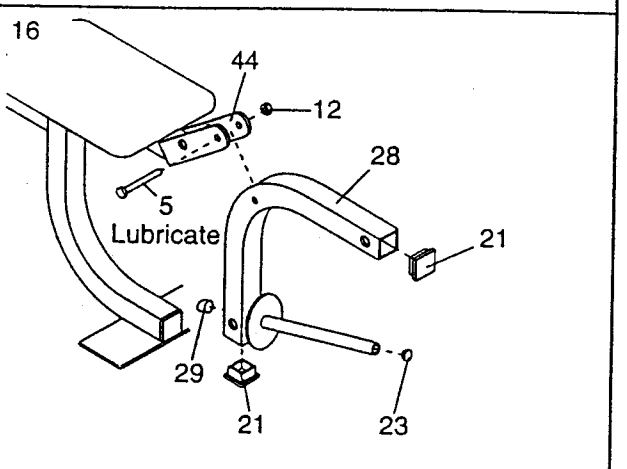


15. Attach the Backrest (36) to the Backrest Brackets (38) with four M6 x 50mm Screws (10).



16. Press a 50mm Square Inner Cap (21) into each end of the Leg Lever (28). Press a 25mm Round Inner Cap (23) into the Leg Lever. Press an Angled Round Cap (29) onto the Leg Lever.

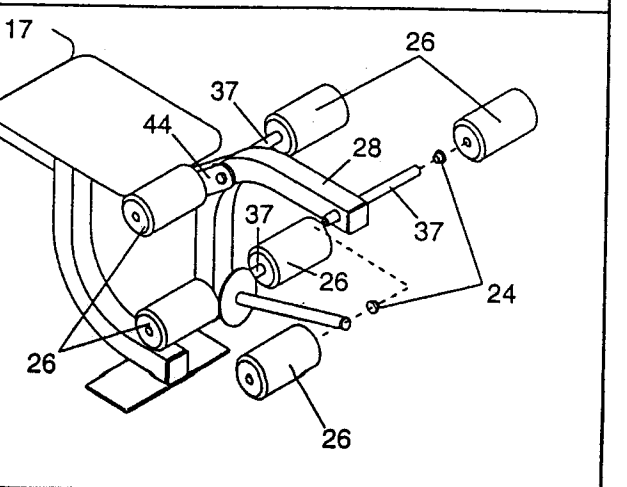
Lubricate the M10 x 78mm Bolt (5). Attach the Leg Lever (28) to the Seat Frame (44) with the Bolt and an M10 Nylon Locknut (12).



17. Tap 19mm Round Inner Caps (24) into each end of the three Pad Tubes (37).

Insert a Pad Tube (37) through the indicated hole in the Leg Lever (28). Insert another Pad Tube through the other hole in the Leg Lever. Insert the remaining Pad Tube through the holes in the Seat Frame (44).

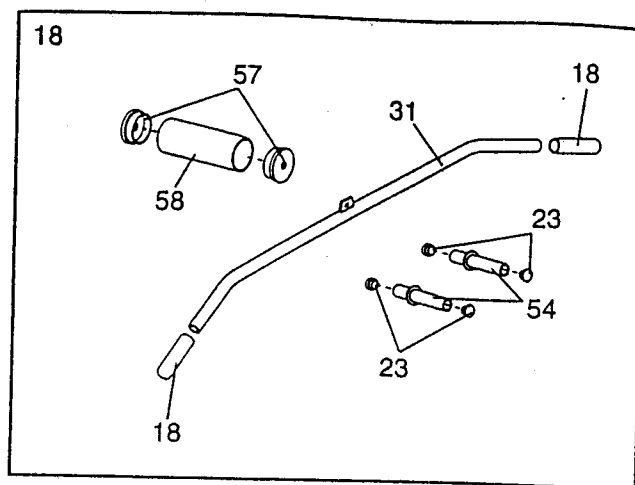
Slide two Foam Pads (26) onto each Pad Tube (37).



18. Wet the ends of the Lat Bar (31) with soapy water. Slide a Handgrip (18) onto each end of the Lat Bar. **CAUTION: Allow the Handgrips to dry before using them.**

Press 25mm Round Inner Caps (23) into the ends of the Adjustment Weight Rests (54).

Press an Adapter Insert (57) into each end of the Olympic Adapter (58).



19. Be sure that all parts have been tightened properly. The use of all remaining parts will be explained in ADJUSTING THE WEIDER PRO 635 beginning on page 12 of this manual.

# ADJUSTING THE WEIDER PRO 635

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 14 for important exercise information and refer to the accompanying exercise poster to see the correct form for each exercise. Refer also to the exercise information accompanying your weight set for additional exercises.

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

## ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE

To use the lat tower, first slide a Weight Stop (19) onto each side of the weight tube of the Weight Carriage (56). Slide the desired amount of weight (not included) onto the weight tube. Be sure that an equal amount of weight is on each side of the weight tube. Secure the weights on each side of the weight tube with a Spring Clip (34).

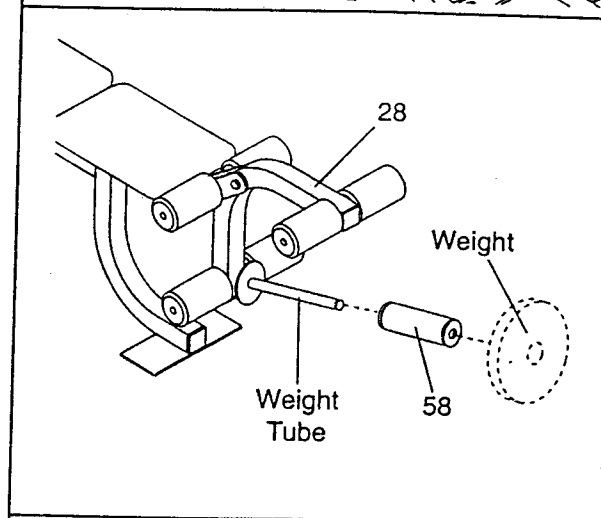
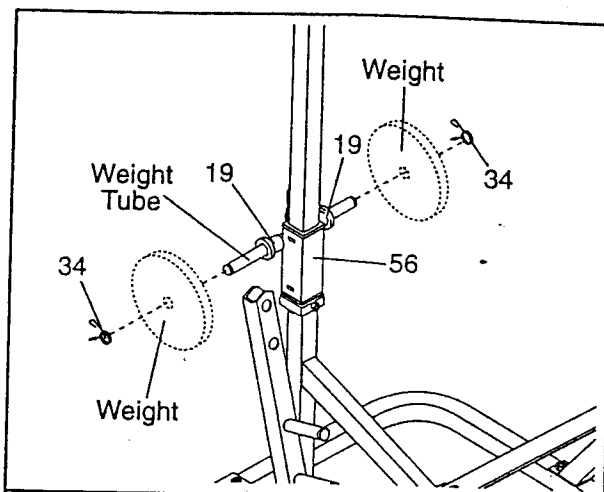
Do not place more than 150 pounds on the Weight Carriage. (Due to the fact that ab crunches are an aerobic exercise, we recommend that you do not place more than 50 pounds on the Weight Carriage while performing ab crunch exercises.)

## ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (28), slide the desired amount of weight (not included) onto the weight tube.

If you are using olympic weights, slide the Olympic Adapter (58) onto the Leg Lever (28) before sliding any weight onto the Leg Lever.

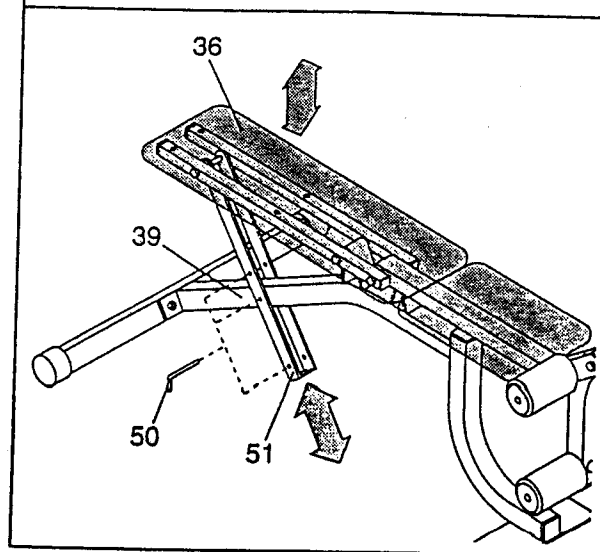
Do not place more than 150 pounds on the Leg Lever.



## ADJUSTING THE BACKREST

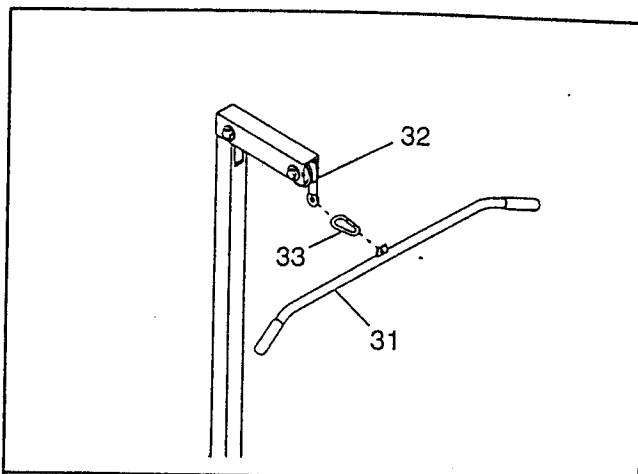
The Backrest (36) can be set at three different positions: the level position, the decline position, and the incline position.

To change the position of the Backrest (36), remove the "L"-Pin (50) from the Adjustment Bracket (51) and the Bench Frame (39). Set the Backrest to the desired position, align the holes in the Adjustment Bracket and the Bench Frame, and re-insert the "L"-Pin.



## ATTACHING THE LAT BAR TO THE HIGH PULLEY STATION

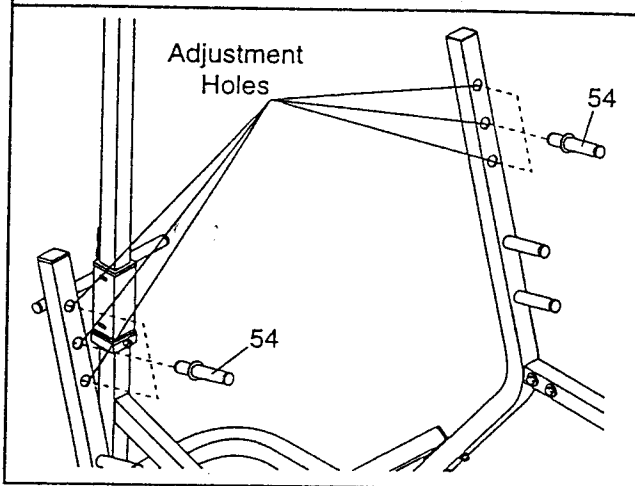
Attach the Lat Bar (31) to the Cable (32) with a Cable Clip (33).



## SETTING THE ADJUSTMENT WEIGHT RESTS

To perform squat exercises or toe raise exercises (see the accompanying EXERCISE POSTER) you will need to set the Adjustment Weight Rests (54) to a comfortable height.

Insert the Adjustment Weight Rests (54) into the adjustment holes at the desired height. Be sure that each Adjustment Weight Rest is firmly seated in the adjustment hole and that both Adjustment Weight Rests are at the same height.



# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### • Muscle Building

In order to increase the size and strength of your muscles, you must push your muscles to a high percentage of their capacity. You must also progressively increase the intensity of your exercise so that your muscles will continually adapt and grow. Each individual exercise can be tailored to the proper intensity level by changing the amount of weight used, or the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions performed consecutively.)

The proper amount of weight for each exercise depends upon the individual user. It is up to you to gauge your limits. Select the amount of weight that you think is right for you. Begin with 3 sets of 8 repetitions for each exercise that you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

### • Toning

To tone your muscles, you must push your muscles to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

### • Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

### • Cross Training

In the pursuit of a complete and well-balanced fitness program, many have found that cross training is the answer. We recommend that on Monday, Wednesday and Friday, you plan weight training workouts. On Tuesday and Thursday, plan 20 to 30 minutes of aerobic exercise, such as cycling, running or swimming. Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate. By combining weight training with aerobic exercise, you can reshape and strengthen your body, plus develop a stronger heart and lungs.

## PERSONALIZING YOUR EXERCISE PROGRAM

We have not specified an exact length of time for each workout, or a specific number of repetitions or sets for each exercise. It is very important to avoid overdoing it during the first few months of your exercise program, and to progress at your own pace. If you experience pain or dizziness at any time while exercising, stop immediately and begin to cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are also important.

### WARMING UP

Begin each workout with 5 to 10 minutes of light stretching and exercise to warm up. Warming up prepares your body for exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

### WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

### EXERCISE FORM

In order to obtain the greatest benefits from exercising, it is essential to maintain proper form.

Maintaining proper form means moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart on page 16 to find the locations of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke; never hold your breath. Rest for 3 minutes after each set if you are doing a muscle building workout, 1 minute after each set if you are

doing a toning workout, and 30 seconds after each set if you are doing a weight loss workout. Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

### **COOLING DOWN**

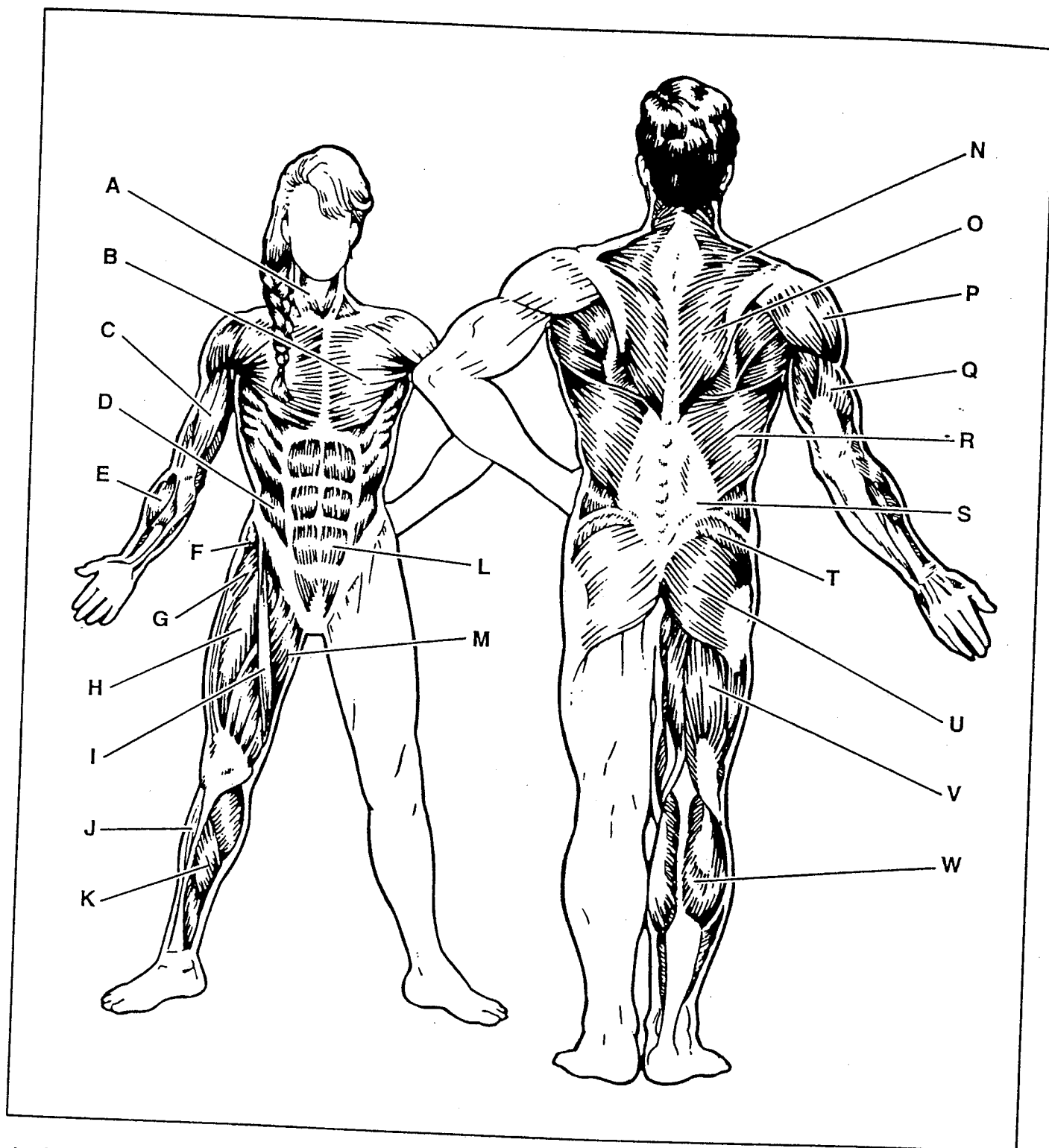
End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch—do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

### **STAYING MOTIVATED**

For motivation, keep a record of each workout. The chart on page 17 of this manual can be photocopied and used to schedule and record your workouts. List the date, exercises performed, weight, and numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

# MUSCLE CHART



- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradialis (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)

- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)

- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)



MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

**TUESDAY AEROBIC EXERCISE**

Date: / /

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

**THURSDAY AEROBIC EXERCISE**

Date: / /

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

Make photocopies of this page for scheduling and recording your workouts.

# PART LIST—Model No. WEBE63560

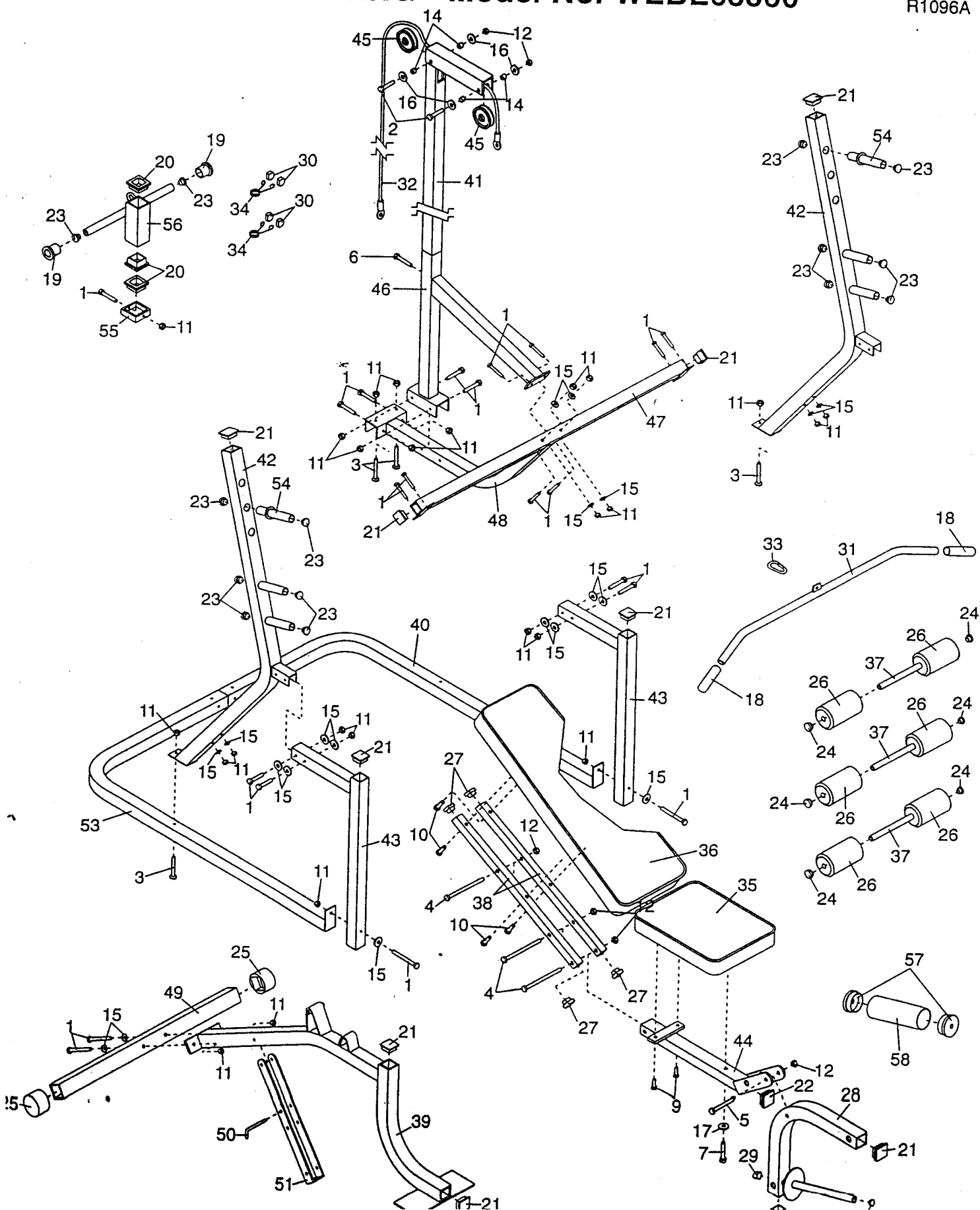
R1096A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	21	M8 x 68mm Bolt	31	1	Lat Bar
2	2	M10 x 70mm Bolt	32	1	Cable
3	4	M8 x 60mm Carriage Bolt	33	1	Cable Clip
4	3	M10 x 127mm Bolt	34	2	Spring Clip
5	1	M10 x 78mm Bolt	35	1	Seat
6	1	M10 x 63mm Bolt	36	1	Backrest
7	1	M6 x 50mm Bolt	37	3	Pad Tube
8	—	Not used	38	2	Backrest Bracket
9	2	M6 x 16mm Screw	39	1	Bench Frame
10	4	M6 x 50mm Screw	40	1	Right Base
11	25	M8 Nylon Locknut	41	1	Upper Lat Tower
12	6	M10 Nylon Locknut	42	2	Weight Upright
13	—	Not used	43	2	Front Upright
14	4	14mm x 15mm Spacer	44	1	Seat Frame
15	20	M8 Washer	45	2	Pulley
16	4	M10 Washer	46	1	Lower Lat Tower
17	1	M6 Washer	47	1	Crossbrace
18	2	Handgrip	48	1	Lat Base
19	2	Weight Stop	49	1	Stabilizer
20	3	60mm Square Bushing	50	1	"L"-Pin
21	10	50mm Square Inner Cap	51	1	Adjustment Bracket
22	1	38mm x 50mm Inner Cap	52	—	Not used
23	15	25mm Round Inner Cap	53	1	Left Base
24	6	19mm Round Inner Cap	54	2	Adjustment Weight Rest
25	2	76mm Round Outer Cap	55	1	Carriage Stop
26	6	Foam Pad	56	1	Weight Carriage
27	4	20mm x 40mm Inner Cap	57	2	Adapter Insert
28	1	Leg Lever	58	1	Olympic Adapter
29	1	Angled Round Cap	#	1	User's Manual
30	4	Spring Clip Cover	#	1	Exercise Poster

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

# EXPLODED DRAWING—Model No. WEBE63560

R1096A



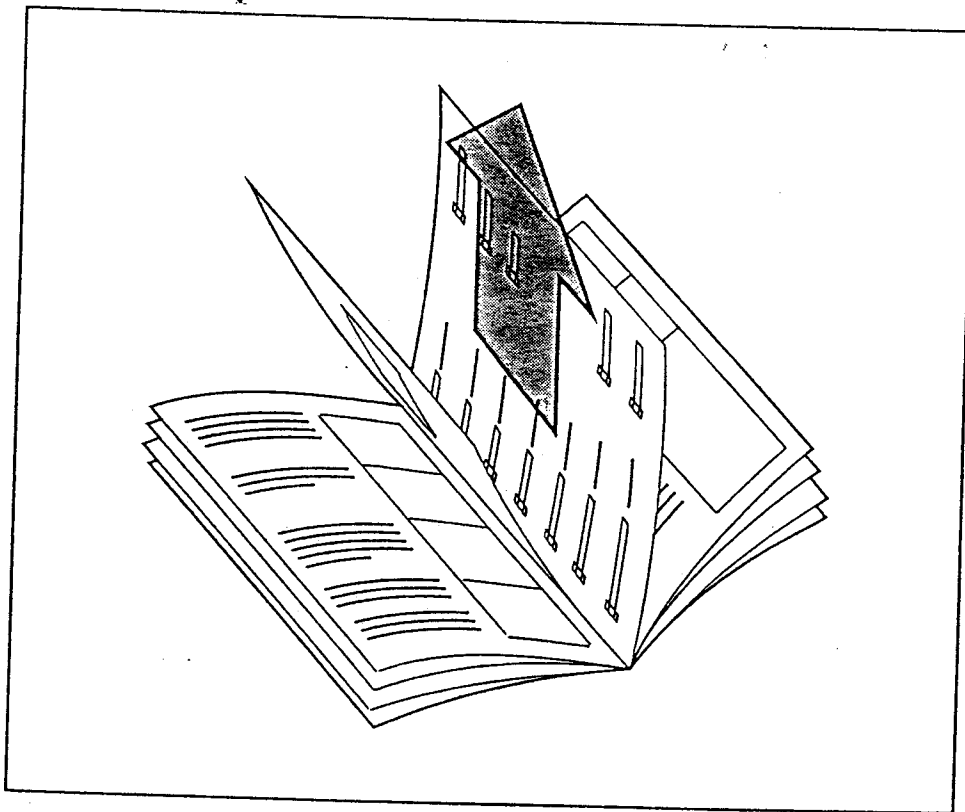
## ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

1. The MODEL NUMBER of the product (WEBE63560).
2. The NAME of the product (WEIDER® PRO 635 Weight Bench).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see page 18 of this manual).

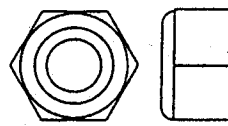
# REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL

This chart is provided to help you identify the small parts used in assembly. Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly.

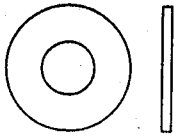




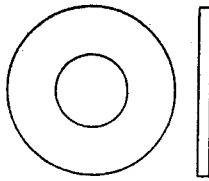
M8 Nylon Locknut (11)-25



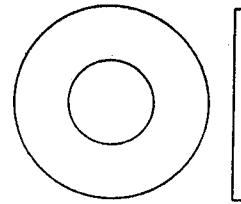
M10 Nylon Locknut (12)-6



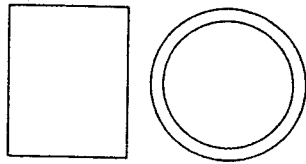
M6 Washer (17)-1



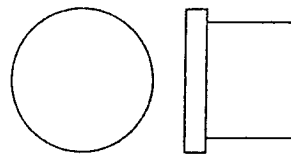
M8 Washer (15)-20



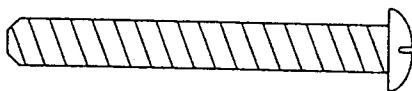
M10 Washer (16)-4



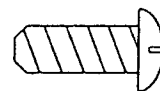
14mm x 15mm Spacer (14)-4



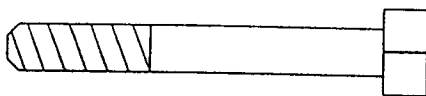
19mm Round Inner Cap (24)-6



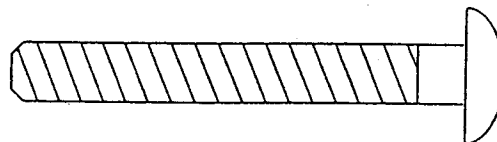
M6 x 50mm Screw (10)-4



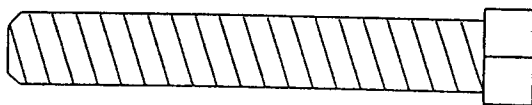
M6 x 16mm Screw (9)-2



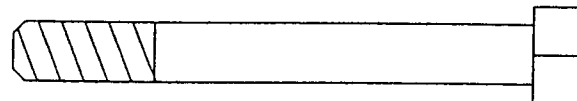
M6 x 50mm Bolt (7)-1



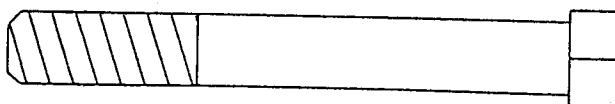
M8 x 60mm Carriage Bolt (3)-4



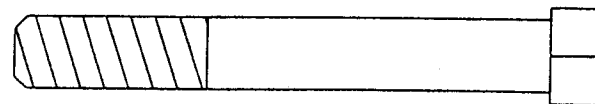
M10 x 63mm Bolt (6)-1



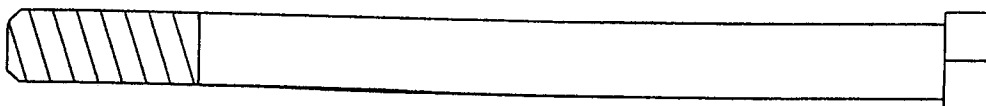
M8 x 68mm Bolt (1)-21



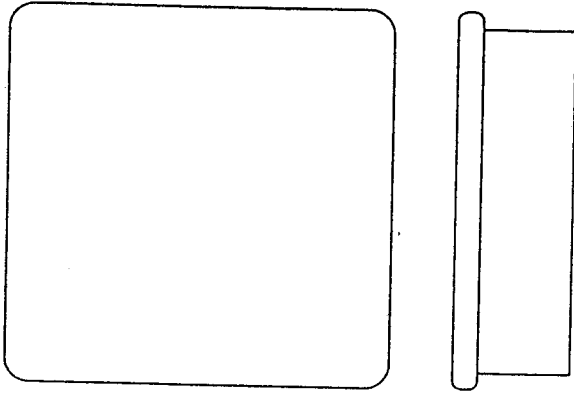
M10 x 78mm Bolt (5)-1



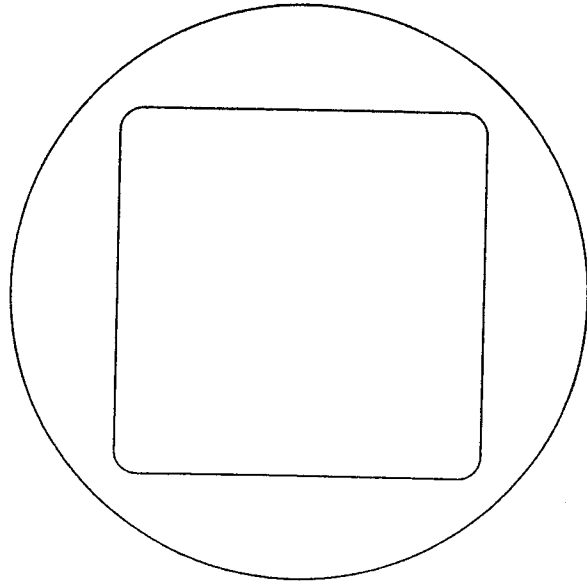
M10 x 70mm Bolt (2)-2



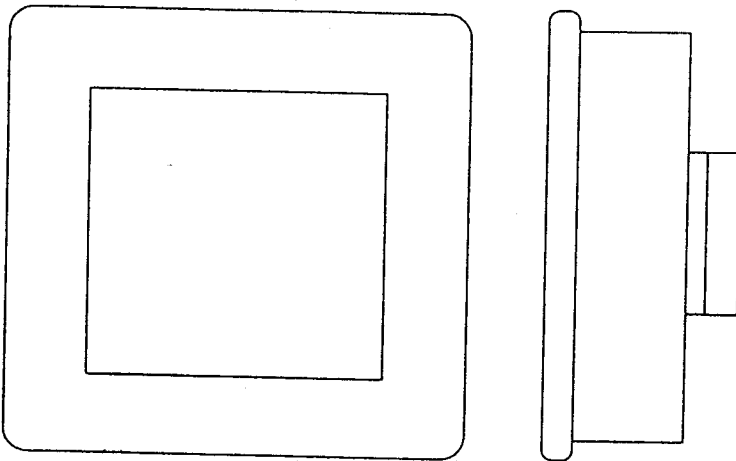
M10 x 127mm Bolt (4)-3



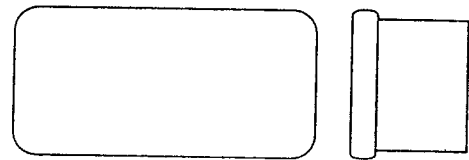
50mm Inner Cap (21)-10



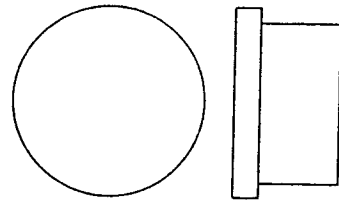
76mm Round Outer Cap (25)-2



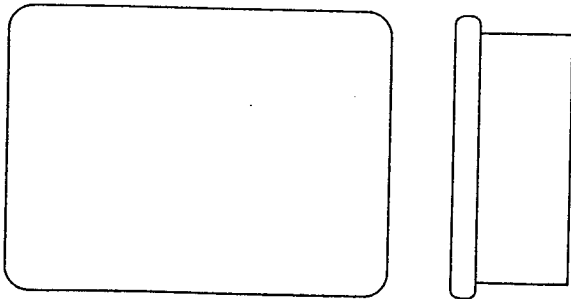
60mm Square Bushing (20)-3



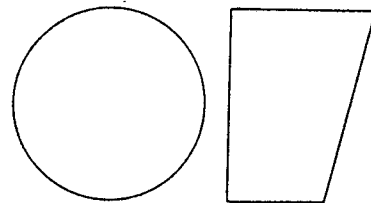
20mm x 40mm Inner Cap (27)-4



25mm Round Inner Cap (23)-15



38mm x 50mm Inner Cap (22)-1



Angled Round Cap (29)-1